

STATE OF COLORADO

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Colorado Department
of Public Health
and Environment

CDPHE-CACFP PROCEDURE MEMO FDCH #14-01

DATE: October 2013
TO: CACFP Family Day Care Home Sponsor Directors
FROM: Tracy Miller, MSPH, RD, Director
Colorado Department of Public Health and Environment-
Child and Adult Care Food Program (CDPHE-CACFP)
SUBJECT: Healthier Meal Initiative Policies

In preparation for the upcoming CACFP Meal Pattern changes from USDA, the CDPHE-CACFP and the Colorado CACFP Sponsors United for Health applied and received funding from the Colorado Health Foundation to plan and implement the Colorado CACFP Healthier Meals Initiative. The purpose of this initiative is to support participating child care providers in meeting higher nutrition standards for meals and snacks served to children while in care. During the past two years, the CDPHE-CACFP and the Colorado CACFP Sponsors United for Health worked through collaborative partnerships with state, local, public, and private partners to plan, prepare, develop and implement activities to support providers in ways that encourage and empower them to meet the new requirements and improve children's health. The CDPHE-CACFP Healthier Meals Initiative training materials and tools provided electronically will provide additional support to Colorado FDCH Sponsors in assisting providers in overcoming the barriers to serving healthier meals.

Please find the enclosed "*Healthier Meals for Healthier Kids-Quality Food Experiences for Early Child Care*" Toolkit, which provides an in-depth report of the research behind the policies, classroom activities, and the necessary tools to assist FDCH Sponsors in implementing the new policies.

The Healthier Meals Initiative policies, effective for FDCH providers on January 1, 2014 are as follows:

1. Limit 100% fruit juice to twice per week.
2. Limit processed and pre-fried meats to once per week.
3. Offer at least one whole grain product per day.
4. Serve 1% or fat-free milk for children ages 2 years and older (this policy is already in effect as of October 2012).

The CDPHE-CACFP requested and received approval from the United States Department of Agriculture-Food and Nutrition Services (USDA-FNS) to implement the additional meal requirements. These requirements are consistent with CACFP Federal requirements, and do not deny access to the Program to eligible institutions or participants. The new meal requirements are supported by the scientific evidence review described in the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Beginning January 1, 2014, Colorado FDCH Sponsors are required to implement the new nutrition requirements. The FDCH Sponsors will not assess over-claims to participating providers for non-compliance with the requirements, with the exception of the USDA policy of serving 1% or fat-free milk for children ages 2 years and older, which is already in place. However, the new meal policies are requirements of the Colorado CACFP and will be noted as findings during reviews if providers are not implementing the requirements. Compliance with these policies will help providers be prepared for the upcoming changes to the CACFP Meal Pattern requirements.

Please contact the CDPHE-CACFP office at (303) 692-2330 if you have any questions or need assistance.